

قال رسول الله ﷺ
"يَا غُلَامُ، سَمِّ اللَّهَ،
وَكُلْ بِيَمِينِكَ، وَكُلْ مِمَّا يَلِيكَ"

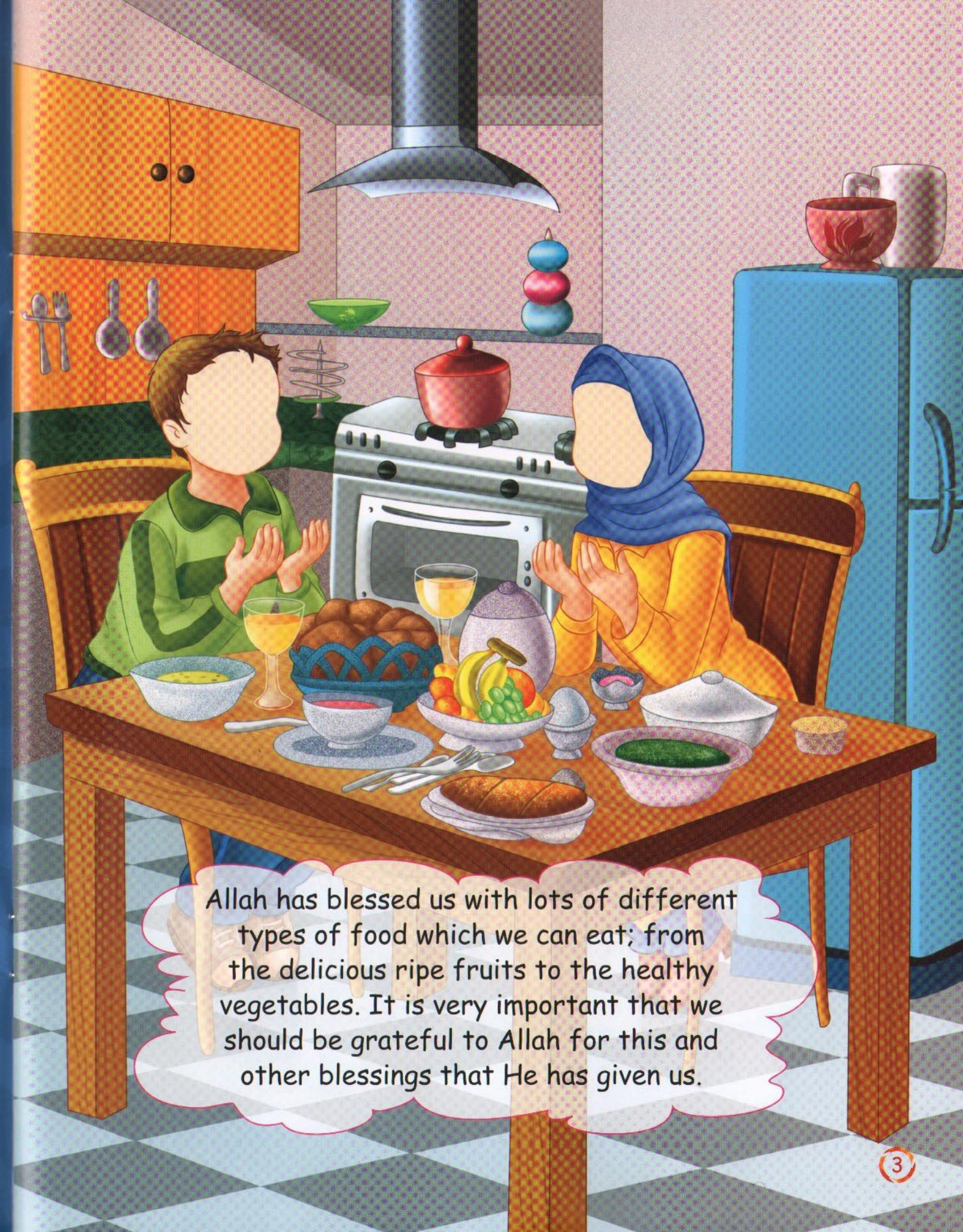
The Prophet ﷺ said:

"O boy !

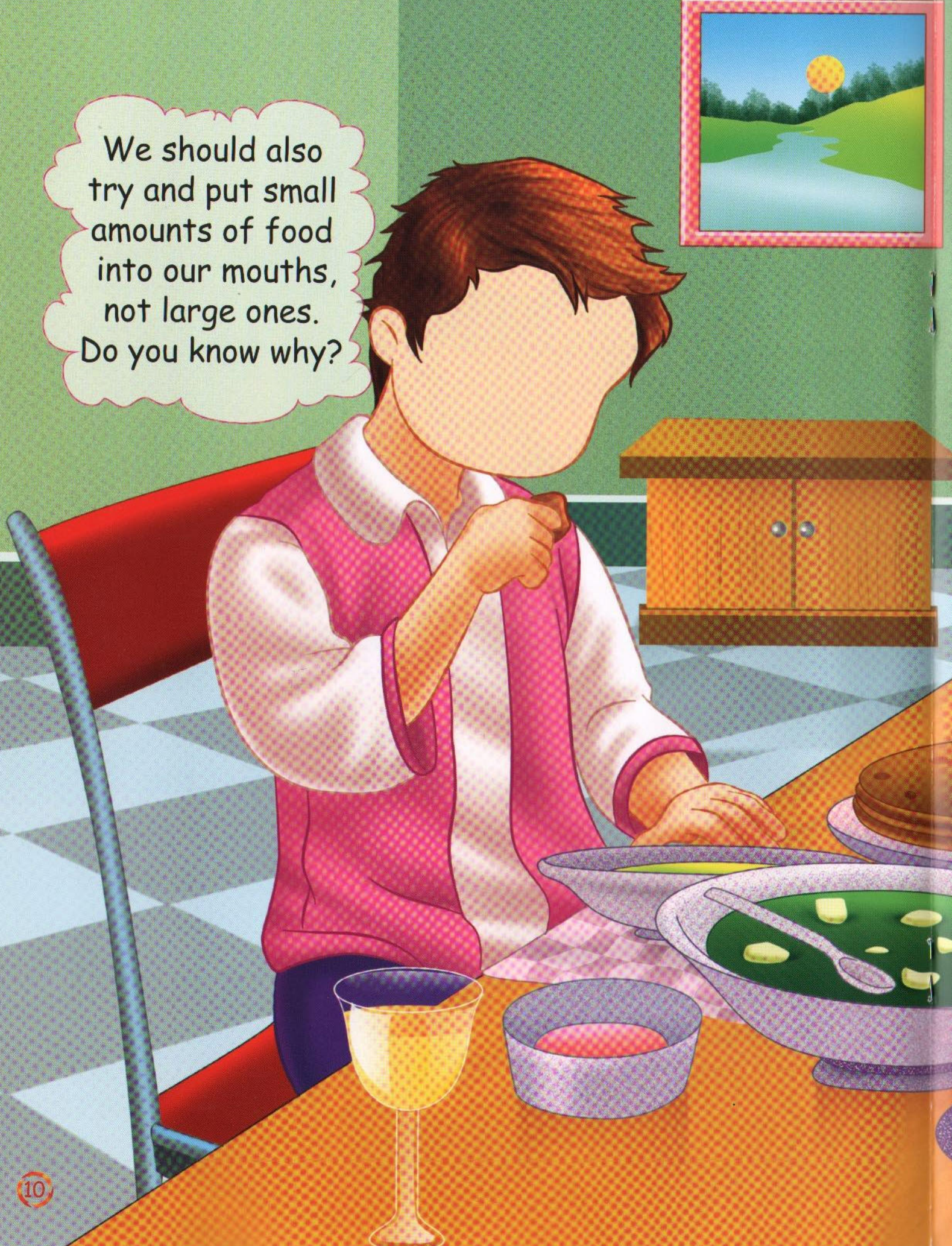
Mention the name of Allah,
and eat with your right hand,
and eat of the dish what

is nearer to you".

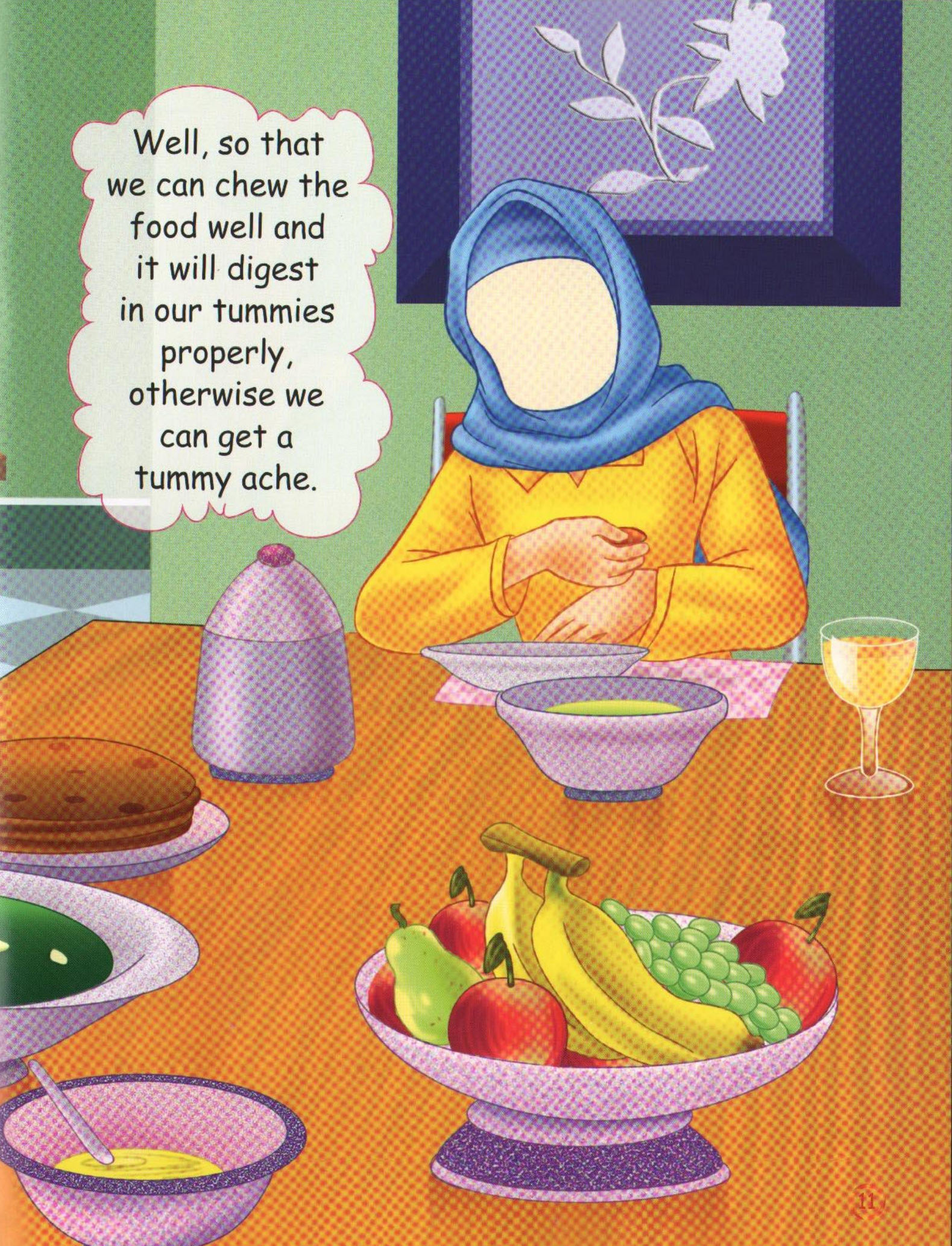
{ Reported by Al-Bukhari (5376) }



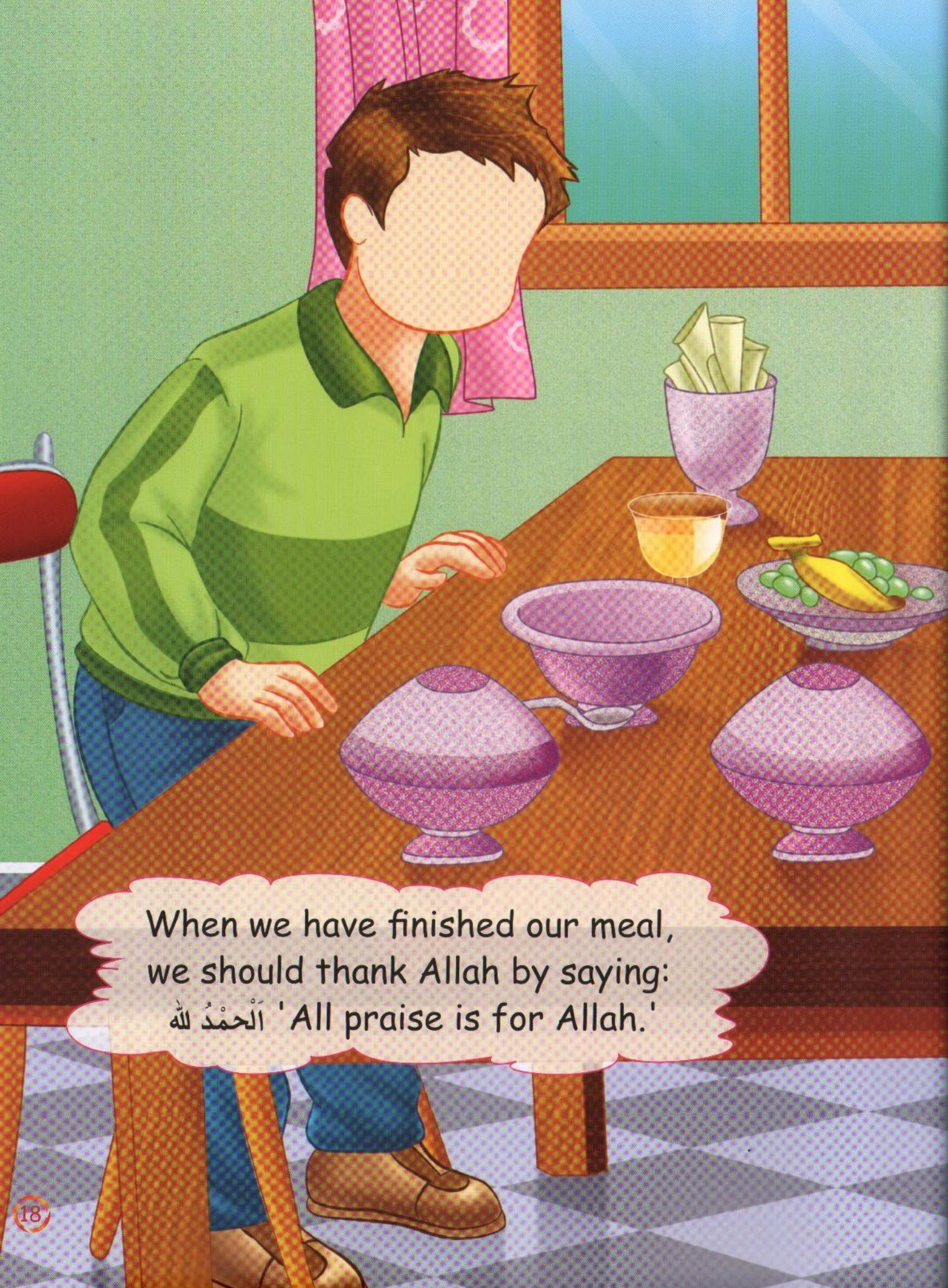
Allah has blessed us with lots of different types of food which we can eat; from the delicious ripe fruits to the healthy vegetables. It is very important that we should be grateful to Allah for this and other blessings that He has given us.

A boy with brown hair, wearing a pink vest over a white shirt, is sitting at a table. He is looking down at a bowl of green soup with butter cubes. On the table are several other items: a glass of orange juice, a small bowl of red sauce, a plate of brown bread, and a bowl of yellow soup. In the background, there is a wooden cabinet and a framed picture of a landscape with a sun and a river.

We should also try and put small amounts of food into our mouths, not large ones. Do you know why?

A girl wearing a blue headscarf and a yellow shirt is sitting at a table. She is looking down at a bowl of green soup. On the table are several other items: a glass of orange juice, a small bowl of red sauce, a plate of brown bread, and a bowl of yellow soup. In the background, there is a wooden cabinet and a framed picture of a landscape with a sun and a river.

Well, so that we can chew the food well and it will digest in our tummies properly, otherwise we can get a tummy ache.



When we have finished our meal,
we should thank Allah by saying:
'اَلْحَمْدُ لِلّٰهِ' 'All praise is for Allah.'

